PMC U.S. COVID-19 Report for September 29, 2025. pmc19.com/data

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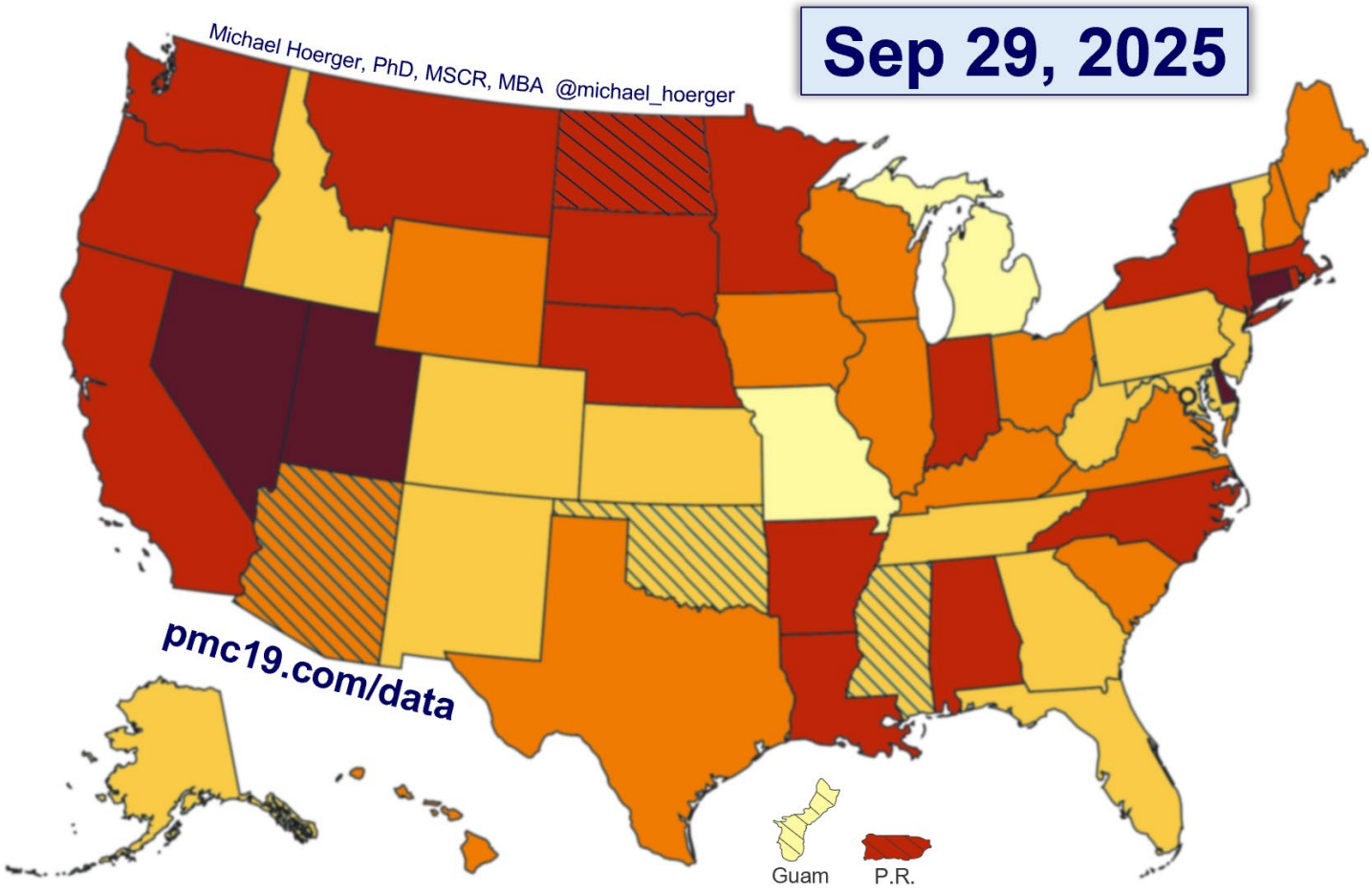


Cite as: Hoerger, M. (2025, September 29). *PMC U.S. COVID-19 Report for September 29, 2025*. Pandemic Mitigation Collaborative. http://www.pmc19.com/data

Announcements

Popular and News Media Coverage:

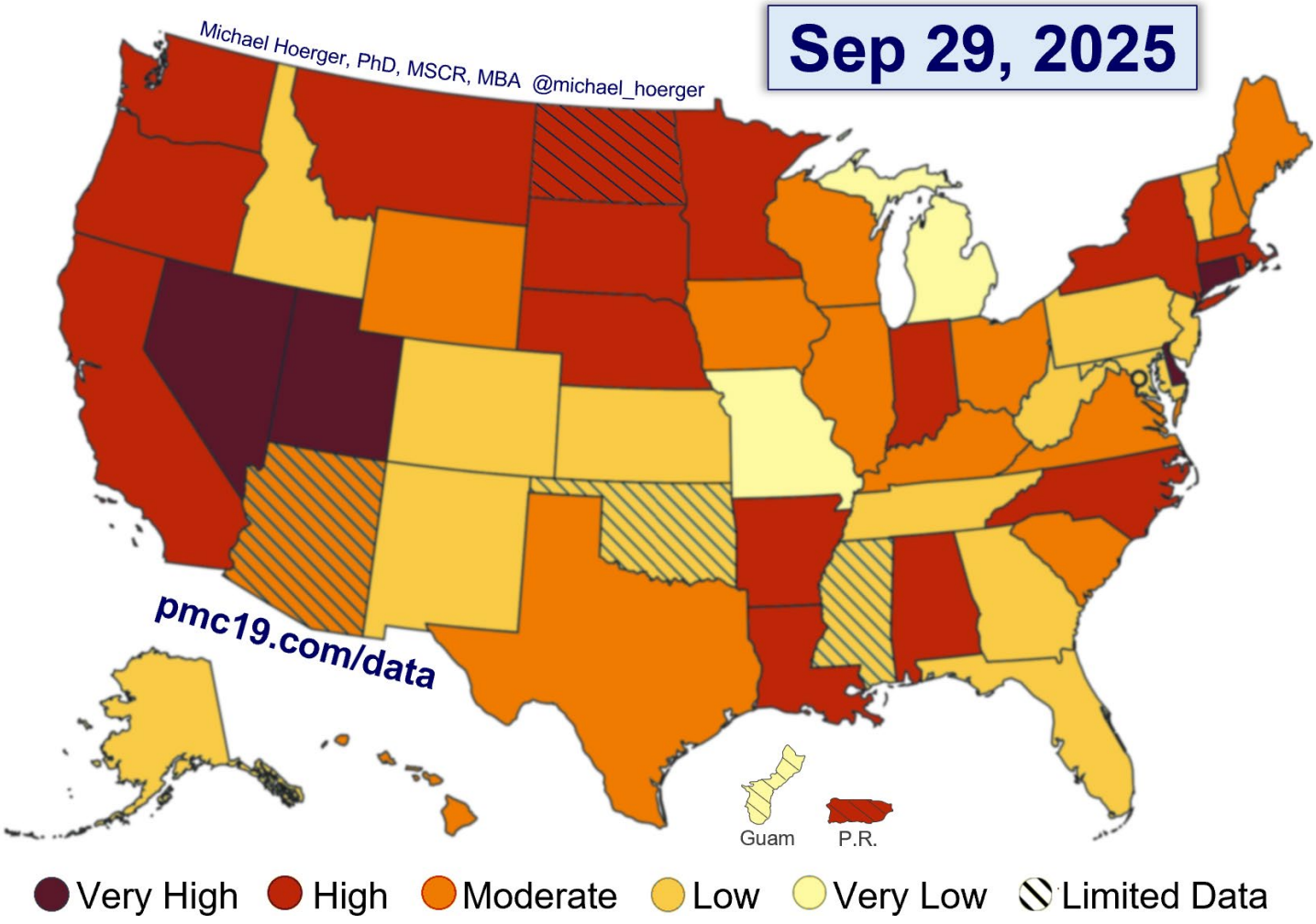
- Comedian Francesca Fiorentini with a public health roundup on YouTube, mentioning PMC late in the clip: https://www.youtube.com/watch?v=yhr6Kwgrnhs
- Back-to-School Health Forum 2025: https://www.youtube.com/watch?v=n5_RRRMS_HU
- COVID Safety for Schools: https://youtube.com/watch?feature=shared&v=7q5CDiCXn7E
- The TODAY Show is tracking vaccinations and transmission, including using the PMC dashboard: https://www.today.com/health/coronavirus/covid-2025-summer-surge-rcna218754

Data Quality

- CDC (80% model weight) and Biobot (20%) both reported this week. Retroactive corrections were minimal.
- For geographic health equity, we have made 3 minor updates to the main heat map:
  - Switched from the CDC rectangular depiction of Guam to its actual shape.
  - Added Puerto Rico (CDC has excluded for some time, but they continue to report qualitative levels using CDC-style graphs, https://pmc19.com/puertorico). We report the most recent level at the time this report is written.
  - Added North Dakota's imputed transmission level. We have imputed quantitative estimates for North Dakota since the launch of PMC 3.0, using the average of the three neighboring states.

  We would have preferred the CDC to have made these updates, but we are pleased to provide a more inclusive map.

COVID-19 Heat Map, Based on CDC Wastewater Data and Levels (U.S.)



As we depart from the peak of the 11th national wave, note that transmission is “Very Low” or “Very High” (CDC categories) in few areas. At a simple level, “COVD is everywhere,” and in most places it is coming down from a peak or picking up from relatively lower levels. Transmission is shifting north and east.

COVID-19 State Prevalence Estimates

pmc19.com/data

Sep 29, 2025

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Alabama	**High**	1 in 33 (3.0%)	26%	54%	79%	95%
Alaska	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Arizona	Moderate*	1 in 42 (2.4%)	21%	45%	70%	91%
Arkansas	**High**	1 in 38 (2.7%)	24%	49%	74%	93%
California	**High**	1 in 36 (2.8%)	24%	50%	75%	94%
Colorado	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Connecticut	**Very High**	1 in 18 (5.6%)	44%	77%	95%	>99%
Delaware	**Very High**	1 in 24 (4.1%)	34%	65%	88%	98%
District of Columbia	Low	1 in 81 (1.2%)	12%	27%	46%	71%
Florida	Low	1 in 62 (1.6%)	15%	34%	56%	80%
Georgia	Low	1 in 101 (1.0%)	10%	22%	39%	63%
Guam	Very Low	1 in 130 (0.8%)	7%	18%	32%	54%
Hawaii	Moderate	1 in 53 (1.9%)	17%	38%	61%	85%
Idaho	Low	1 in 62 (1.6%)	15%	33%	55%	80%
Illinois	Moderate	1 in 60 (1.7%)	15%	34%	57%	81%
Indiana	**High**	1 in 27 (3.8%)	32%	62%	85%	98%
Iowa	Moderate	1 in 58 (1.7%)	16%	35%	58%	82%
Kansas	Low	1 in 78 (1.3%)	12%	28%	48%	73%
Kentucky	Moderate	1 in 39 (2.6%)	23%	48%	73%	93%
Louisiana	**High**	1 in 36 (2.7%)	24%	50%	75%	94%
Maine	Moderate	1 in 40 (2.5%)	22%	47%	72%	92%
Maryland	Low	1 in 69 (1.4%)	14%	30%	52%	77%
Massachusetts	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
Michigan	Very Low	1 in 111 (0.9%)	9%	20%	36%	60%
Minnesota	**High**	1 in 37 (2.7%)	24%	49%	74%	93%
Mississippi	Low*	1 in 70 (1.4%)	13%	30%	51%	76%

* Limited data reporting

COVID-19 State Prevalence Estimates

pmc19.com/data

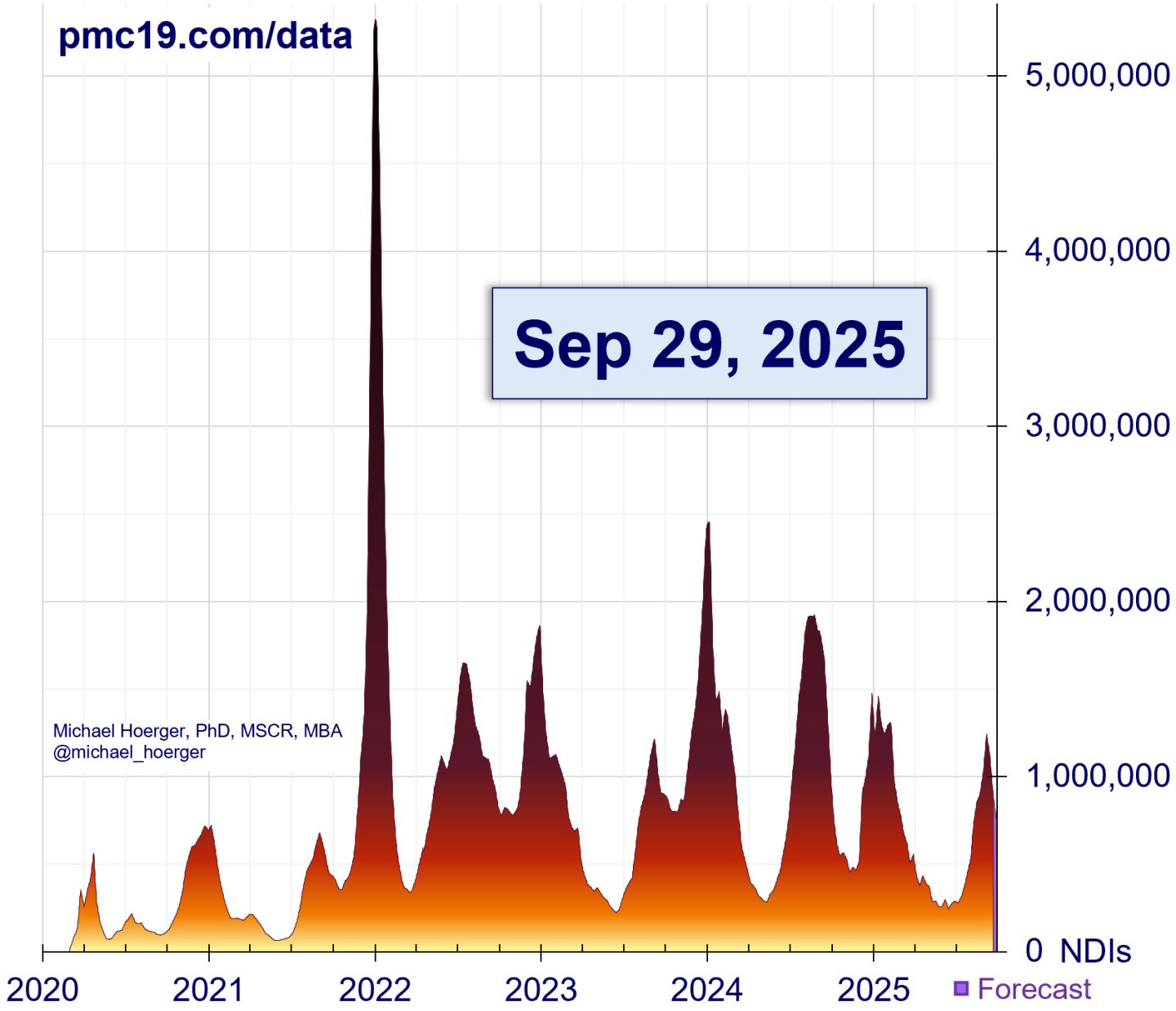
Sep 29, 2025

State	CDC Level	PMC Estimate, % Actively Infectious	Chances anyone is infectious in a room of 10 to 100 people			
			10	25	50	100
Missouri	Very Low	1 in 156 (0.6%)	6%	15%	27%	47%
Montana	**High**	1 in 37 (2.7%)	24%	50%	75%	94%
Nebraska	**High**	1 in 27 (3.8%)	32%	62%	85%	98%
Nevada	**Very High**	1 in 15 (6.6%)	50%	82%	97%	>99%
New Hampshire	Moderate	1 in 59 (1.7%)	16%	35%	58%	82%
New Jersey	Low	1 in 82 (1.2%)	12%	27%	46%	71%
New Mexico	Low	1 in 102 (1.0%)	9%	22%	39%	63%
New York	**High**	1 in 35 (2.8%)	25%	51%	76%	94%
North Carolina	**High**	1 in 35 (2.9%)	25%	52%	77%	94%
North Dakota	**High***	1 in 34 (3.0%)	26%	53%	78%	95%
Ohio	Moderate	1 in 58 (1.7%)	16%	35%	58%	83%
Oklahoma	Low*	1 in 81 (1.2%)	12%	27%	46%	71%
Oregon	**High**	1 in 32 (3.1%)	27%	55%	80%	96%
Pennsylvania	Low	1 in 61 (1.6%)	15%	34%	56%	81%
Rhode Island	**High**	1 in 33 (3.1%)	27%	54%	79%	96%
South Carolina	Moderate	1 in 40 (2.5%)	22%	47%	72%	92%
South Dakota	**High**	1 in 28 (3.5%)	30%	59%	84%	97%
Tennessee	Low	1 in 75 (1.3%)	13%	28%	49%	74%
Texas	Moderate	1 in 48 (2.1%)	19%	41%	65%	88%
Utah	**Very High**	1 in 26 (3.8%)	32%	62%	86%	98%
Vermont	Low	1 in 69 (1.5%)	14%	31%	52%	77%
Virginia	Moderate	1 in 45 (2.2%)	20%	43%	67%	89%
Washington	**High**	1 in 31 (3.2%)	28%	56%	80%	96%
West Virginia	Low	1 in 68 (1.5%)	14%	31%	52%	77%
Wisconsin	Moderate	1 in 52 (1.9%)	18%	39%	62%	86%
Wyoming	Moderate	1 in 47 (2.1%)	19%	41%	66%	88%

* Limited reporting; North Dakota has no data and uses the average of MN, MT, & SD

Note that while Puerto Rico provides qualitative estimates, useful for the heat map, quantitative levels do not appear to be reported publicly.

SARS-CoV-2 New Daily Infections, Wastewater-Derived Estimates (U.S.)



Ongoing minor retroactive corrections to wastewater data have been small, and we continue to estimate that the national peak was September 6, with 1.24 million new daily infections. Today's transmission (about ¾ of a million new daily infections) is estimated as similar or slightly higher than the peak of the winter 2020-21 wave and the peak of the delta wave (summer 2021).

National COVID-19 Estimates (U.S.)

Sep 29, 2025 **pmc19.com/data**

Infections

Proportion Actively Infectious	1 in 66 (1.5%)
New Daily Infections	743,000
Infections the Past Week	5,540,000
Infections in 2025	185,000,000
Cumulative Infections per Person	4.68

Long COVID

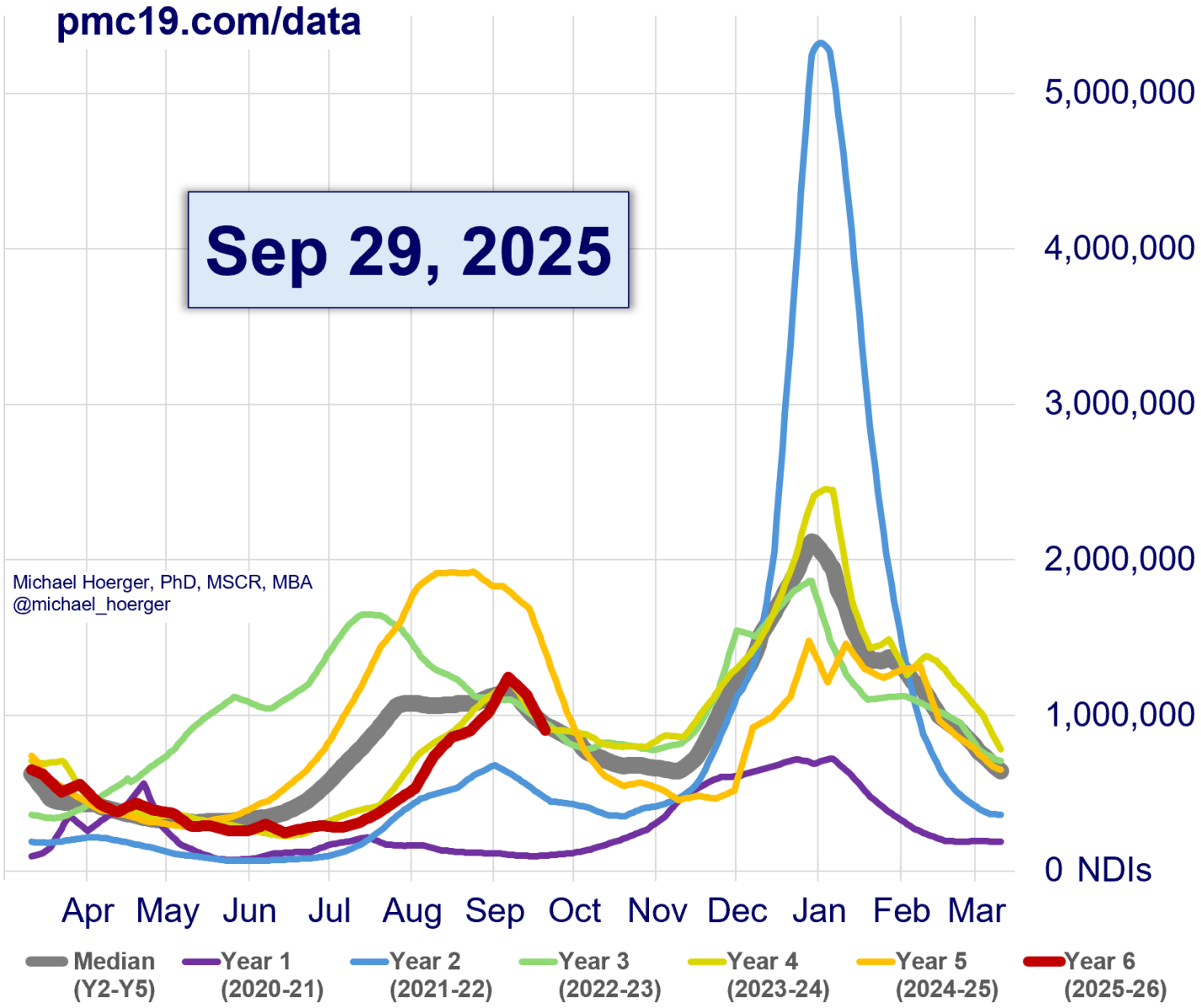
Long COVID Cases Resulting from New Daily Infections	37,000 to 149,000
Long COVID Cases Resulting from New Weekly Infections	277,000 to 1,110,000

Excess Deaths

Excess Deaths Resulting from New Daily Infections	210 to 350
Excess Deaths Resulting from New Weekly Infections	1,600 to 2,600

Infections, resulting post-acute sequelae, and resulting excess deaths remain high despite passing the national peak.

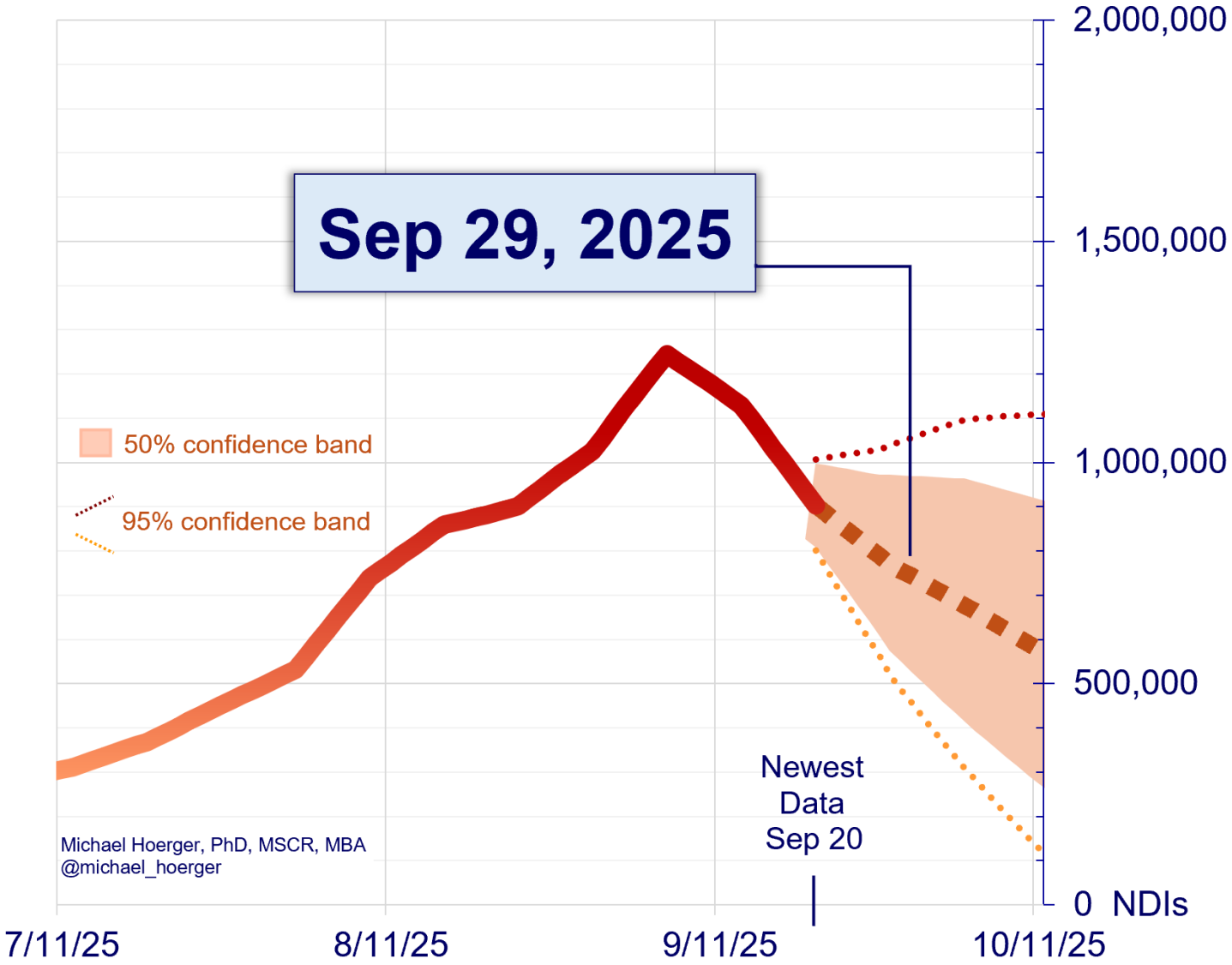
SARS-CoV-2 Year-Over-Year Estimates of Transmission (U.S.)



As noted the past several weeks, ongoing transmission (red) continues to closely track that of two years ago (yellow). That is a very simple “forecast” of what may lie ahead. Simple is good when relating this information to others who do not monitor transmission.

SARS-CoV-2 Transmission Forecast, Wastewater-Derived Estimates (U.S.)

pmc19.com/data



Our central forecast has transmission dipping a bit lower than 2 years ago. A key factor that our model does not account for is the extremely late rollout of COVID vaccines this cycle, and uncertainty about whether vaccination rates will be lower (quite likely due to increased barriers) or higher (due to renewed conversation about vaccines).

A separate document called a Technical Appendix appears on the dashboard page and has more methodologic info. Search for key answers there first, and then send a public comment tagging Dr. H. on Twitter if further help is needed.